

Dear patients and families,

We have received a lot of questions about the coronavirus COVID-19 outbreak and how to best protect yourself from serious illness.

For information about COVID-19, how to protect yourself, your family and your community and what to do if you suspect you have the virus, visit: www.bccdc.ca/covid19

Non-medical information about COVID-19 is available 7:30am-8pm, 7 days a week at 1-888-COVID19 (1-888-268-4319).

If you think you or a loved one has COVID-19, please use the BC COVID-19 Symptom Self-Assessment Tool: <https://covid19.thrive.health/>

Your decision to seek medical care should be guided by your symptoms.

Information about COVID-19 as well as information about upcoming hospital appointments and visiting the hospital during the COVID-19 pandemic is available at: bcwomens.ca/covid-19

Screening and self-isolating

At this time, recommendations for screening and self-isolating are the same as for the general public:

Please follow current advice from the provincial Public Health Officer.

Please note: recommendations are evolving and this information is up-to-date as of March 27, 2020. For the most up-to-date information from BC Women's, please visit our website: bcwomens.ca/covid-19

Clinic visits

In keeping with the provincial Public Health Officer's advice to encourage physical distancing, we are rescheduling all non-urgent appointments.

Pharmacies are able to provide an emergency supply of medication without a prescription. If you need refills, please contact your pharmacy. They will fax the clinic. Stockpiling routine medications is not recommended. Refill your medication in the usual quantities. Depending on the medication and Pharmacare restrictions, this may be a one to three month supply. It is important to have at least a two-week supply of routine medications, in case self-isolation is necessary.

Admission to hospital for birth

Visitors are restricted to only those people deemed essential. Please designate ONE asymptomatic adult support person that will be with you throughout your labour, birth and postpartum experience. That ONE person will receive an identification band and is allowed to come and go from the unit. If your support person develops COVID-19 symptoms, they will be asked to leave and you may designate another support person. A registered doula is considered a part of the care team and is in addition to your support person. If you test COVID-19 positive, or are still under investigation, you will be in isolation. You may still have a support person who will be isolated with you (but no doula).

We understand this is an anxious time for our families and we hope this letter answers some of your questions. If you have more questions, please don't hesitate to contact your clinic or provider.

A patient handout (attached) contains more information about COVID-19 and Pregnancy.

BCW COVID-19 INFORMATION FOR PATIENTS AND FAMILIES: PATIENT LETTER/EMAIL

DOCUMENT TYPE: REFERENCE TOOL

Version History

DATE	DOCUMENT NUMBER and TITLE	ACTION TAKEN
3-Apr-2020	C-06-14-60589 BCW COVID-19 Information For Patients And Families: Patient Letter/Email	Developed by CW COVID-19 Working Group; Approved by Professional Practice Director

Disclaimer

This document is intended for use within BC Children's and BC Women's Hospitals only. Any other use or reliance is at your sole risk. The content does not constitute and is not in substitution of professional medical advice. Provincial Health Services Authority (PHSA) assumes no liability arising from use or reliance on this document. This document is protected by copyright and may only be reprinted in whole or in part with the prior written approval of PHSA.